



Learning Power of Laughter by Jackie Silberg

Reprinted with permission from January/February 2005 (Vol. 16, Issue 1) issue of Earlychildhood NEWS

Laughter has the power to heal and the power to teach. Humor has extensive benefits in the classroom – increased retention, decreased anxiety and enhanced interest in the subject matter. Dr. Avner Ziv of Tel Aviv University has done some intriguing research showing how humor can enhance learning and creativity. “I am convinced that this is how it works: humor serves to capture students’ attention (“tickling” their curiosity about the subject at hand)... to free up their attention (by allowing for the release of stressors which might otherwise have preoccupied them)... and to hold their attention (thus providing motivation and momentum for learning). Once you capture, free, and hold attention, then retention has a better chance of happening.”



Humor in Early Childhood

Humor is a vital part of a teacher’s and a child’s educational experience because a sense of humor is learned. Like kindness or persistence, children learn by example. They model themselves after their parents, teachers, and others close to them. For this reason, humorous parents often have humorous children. There’s no question that adults can encourage a child’s sense of humor from the earliest days of infancy. A sense of humor begins with infants mimicking their caregivers and parents and as cognitive and verbal abilities grow, so do laughter and humor. You can nourish a baby’s sense of humor by encouraging him to play games that involve pretending. For example, there’s the old favorite, peek-a-boo, in which you and baby momentarily pretend you’re not there, only to quickly reappear. Toddlers, on the other hand, will find humor in wearing the hat, shirt, or slippers of an adult in their lives. And preschoolers tend to enjoy the incongruous. Four- and five-year-olds find a great deal of amusement in stringing together rhyming words or nonsense syllables.

Why Is Laughter Important?

- Laughter is good for you. When you laugh the brain releases chemicals called endorphins, which make you feel good.
- Laughter knows no cultural boundaries. Two people do not have to speak the same language to laugh together.

Continued on page 10

Inside This Issue

Bureau Information	2
Consumer Product Safety Commission	3
Follow the Leader, Safety Starts with You	4
MO SAFE KIDS Coalition	5
Inclusion - A Plus for Your Program	6
Mental Health in Early Childhood Programs	7
T.E.A.C.H.	8
Focus on Fresh	9
C.A.C.F.P Training Dates	11
Fire Drills	11
Stuttering	12



BUREAU INFORMATION

If you would like to ask a question of the Bureau of Child Care to be considered for inclusion in the newsletter, please email Mary Ann Simmons at MaryAnn.Simmons@dhss.mo.gov.

RULES UPDATE

The Department of Health and Senior Services withdrew the rules promulgation effort for the following reasons:

- Volume of public response requesting more time to review changes and offer input.
- Time needed to incorporate suggestions received during the public comment period.
- Opportunity to collect more comprehensive data for fiscal costs to facilities as a result of proposed changes in the rules.
- DHSS's obligation and responsibility to deal with multiple needs and priorities in a climate of serious budget constraints.

When appropriate, we will work to start the process of rule promulgation again. These rules represent the work of the entire Bureau of Child Care and many stakeholders. We appreciate your input and we will keep you informed of any action regarding the new rules.

BUREAU UPDATE

In order to increase funds available for fiscal year 2006, Governor Blunt has called for \$239 million in state withholdings. As part of this effort, the Department of Health and Senior Services is reducing its budget by \$14.9 million. This will be achieved through a combination of position reductions and contract changes.

The Bureau of Child Care is assessing the impact of these budget cuts on our bureau. As professionals dedicated to protecting children, our staff will continue to provide quality service during these changing times.

Please feel free to contact your Child Care Facility Specialist with any questions or concerns.

This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the web address (www.dhss.mo.gov/ChildCare/HealthyChildCare) so they can print their own copy.

This document is in the public domain and may be reprinted.

EDITORIAL STAFF

Mary Ann Simmons
Child Care Program Specialist

Sue Porting
Assistant Bureau Chief

Deanna Long
Child Care Program Specialist

Kathy Penfold
Consultant Community
Health Nurse

Barbara Raymond
CACFP Program Specialist

Pamela Speer
Coordinator of Children's
Programs

Victoria Warren
Health Program Representative
Comprehensive Cancer Control

Partial support for this
newsletter is provided by :



Consumer Product Safety Commission

The U.S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. You can reach the CPSC through:

- ◆ The CPSC toll-free Hotline at (800) 638-2772 or (800) 638-8270 for the hearing and speech impaired.
- ◆ The CPSC web site address at <http://www.cpsc.gov>

How to Obtain Recall Information

The U.S. CPSC issues approximately 300 product recalls each



year, including many products found in child care settings.

Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be loaned or given to a charity, relatives, or neighbors, or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending, or selling recalled consumer products. You can contact the CPSC to find out whether

products have been recalled, and, if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information.

To receive CPSC's current recall information automatically by email or fax or in a quarterly compilation of recalls sent by regular mail, call CPSC's Hotline and after the greeting, enter 140, then follow the instructions given.

Each issue of this newsletter will highlight a recalled product or a safety issue; however, it would be wise to check with the CPSC on a regular basis for more comprehensive information.

CPSC, The Elegant Kids 2000 Inc. Announce Recall of Pacifiers

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), The Elegant Kids 2000 Inc. of Los Angeles, California is voluntarily recalling about 34,500 Soother Baby Pacifiers manufactured in Thailand. These pacifiers were sold at gift shops, discount retail stores and various Hispanic commercial retailers nationwide from March 2000 through January 2005 for between \$0.50 and \$1.

The pacifiers failed federal safety tests when the nipples separated from the base; these can pose a choking hazard to infants and small children. Although no injuries have been reported, consumers should stop using recalled products immediately unless otherwise instructed.

The recalled pacifiers measure about 2-1/2 inches in length and 2 inches in width. The pacifiers are blue, green, yellow and pink and have a tan tinted nipple with a curved plastic handle and shield. "SOOTHER BABY PACIFIERS" is printed on the back of cardboard packaging with a clear blister-bubble cover.

Consumers should return the recalled pacifiers to the store where purchased to receive a full refund. For additional information, contact The Elegant Kids 2000 Inc. collect at (213) 627-6716 between 8 a.m. to 5:30 p.m. PT Monday through Friday.

Follow the Leader - Safety Starts With You



SAFE KIDS is a national non-profit organization dedicated solely to the prevention of unintentional childhood injuries.

Preventable injuries is the leading killer of children younger than 14 years.

In 2003, Missouri children younger than 15 years of age accounted for:

- 139 deaths as a result of unintentional injuries.
- Almost 152,000 visits to hospitals and emergency rooms primarily due to falls and motor vehicle crashes.

Adult role modeling has proven an important factor in reducing the number of preventable childhood injuries. For instance, 67 percent of children riding bikes wear helmets when accompanied by a helmet-wearing adult as opposed to only 50 percent of children accompanied by non-helmeted adults.

The dedicated professionals and volunteers of SAFE KIDS

have distributed bicycle helmets, child safety seats, and smoke alarms to families in need.

In addition, SAFE KIDS Coalitions have inspected thousands of child safety seats for proper installation and fit. The local coalitions work closely with law enforcement officers, firefighters and paramedics, medical and health professionals, educators, parents, grandparents, businesses, public policy-makers and, most importantly, kids.

Research has proven that children are more likely to practice good safety behaviors when they learn from the positive actions of parents, caregivers and other adult influencers.

The proven science of injury prevention and control underpins all SAFE KIDS initiatives. Decisions to focus on particular risk areas are data-driven — based on death and injury rates and the availability of effective preventive interventions.

Missouri has nine local SAFE KIDS Coalitions around the state working to prevent childhood injuries.

To learn more about SAFE KIDS, contact a SAFE KIDS Coalition near you.

Submitted by
Joy Oesterly, DHSS
Section of Maternal, Child
and Family Health
573-751-6215

Transporting Children Safely in Child Care Settings

✓ Make sure all drivers and passengers are restrained in motor vehicles, regardless of seating position, with children ages 12 and younger in a back seat.

✓ Be certain children ages 7 and younger are restrained in appropriate child safety seats.

✓ Make sure appropriate child restraints are correctly installed and adjusted according to manufacturers' instructions - visit www.safekids.org and click on "safety seat guide" to find an appropriate child safety seat for every child in your care.

✓ Consider attending a child safety seat check up event in your area where trained technicians can inspect your safety seats free of charge.

✓ Regularly inspect your vehicle for safety and maintenance.

✓ Never leave children unattended in or around vehicles.

✓ Share recall lists and educational materials on proper child occupant protection practices with parents.

MISSOURI SAFE KIDS COALITION CONTACTS

Updated 03/11/05

Cape Girardeau

Counties: Cape Girardeau, Perry, Scott, Stoddard, Bollinger, Wayne, Madison, Butler, Mississippi, Ste. Genevieve, St. Francis, New Madrid, Dunklin, and Pemiscot

Brenda Bowman, RN, CEN, Coordinator

Cape Girardeau Area SAFE KIDS
Southeast Missouri Hospital
1701 Lacey Street
Cape Girardeau, MO 63701
Phone: (573) 651-5815
Fax: (573) 986-5952
Email: bbowman@sehosp.org

Columbia

Counties: Boone, Audrain, Cooper, Howard

Holly Bentley, Coordinator

Columbia SAFE KIDS
University Hospital and Clinics
One Hospital Drive
Columbia, MO 65212
Phone: (573) 882-9075
Fax: (573) 884-5410
Email:
BentleyH@health.missouri.edu

Jefferson City

Counties: Camden, Cole, Callaway, Osage, Miller, Moniteau, Morgan

Lisa Althoff,

Prevention Coordinator

SAFE KIDS of Central Missouri
CeMo CARES
901 Missouri Blvd. PMB # 359
Jefferson City, MO 65109
Phone: (573) 632-2777
Fax: (573) 632-2769
Email:
lalthoffcemocares@earthlink.net

Newton/Jasper

Counties: Newton, Jasper, McDonald and Barton

Jo Sitton, Coordinator

Newton/Jasper County SAFE KIDS
Southwest MO Community Alliance
3230 S Wisconsin, Suite E
J o p l i n , M O 6 4 8 0 4
Phone: (417) 782-9899
Fax: (417) 782-4337
Email: jsitton@swmca.org

Northeast

Counties: Marion, Ralls, Randolph, Macon, Saline

Julina Kirby, Coordinator

SAFE KIDS Northeast Missouri
Marion County Health Dept.
3105 Rte W, PO Box 1378
Hannibal, MO 63401
Phone: (573) 221-1166
Fax: (573) 221-1214
Email:
Kirbyj@lpha.health.state.mo.us

Springfield

Counties: Greene, Dallas, Polk, Dade, Laclede, Lawrence, Webster, Christian, Taney, Stone

D a p h n e G r e e n l e e , Coordinator

Springfield SAFE KIDS
Safety Council of the Ozarks
1111 S Glenstone
Springfield, MO 65804
Phone: (417) 869-2121
Fax: (417) 869-2133
Email:
dgreenlee@nscozarks.org

Kansas City

Counties: Jackson, Clay, Platte; and Wyandotte County, KS

Deb Bumgardner, Coordinator

SAFE KIDS Metro KC Coalition
Maternal and Child Health Coalition of Greater Kansas City
6400 Prospect, Suite 216
Kansas City, Missouri 64132
Phone: (816) 283-6242 x 244
Fax: (816) 283-0307
Email: dbumgardner@mchc.net

St. Charles County

Counties: St. Charles

Dave Horning, Coordinator

SAFE KIDS St. Charles
Central County Fire and Rescue
One Timberbrook Drive
St. Peters, MO 63376
Phone: (636) 970-9700
or (636) 278-0771
Fax: (636) 970-9715
Email:
davidhorning@sbcglobal.net

St. Louis

Counties: St. Louis City, St. Louis County, Jefferson, Washington, Franklin, Warren, Lincoln

Cathy Hogan, Co-Coordinator

Email:
cathy_Metzger@ssmhc.com

Carla Sauerwein, Co-Coordinator

Email:
carla_sauerwein@ssmhc.com

St. Louis SAFE KIDS
MO Regional Poison Control Center

SSM Cardinal Glennon Children's Hospital
7980 Clayton Road, Suite 200
St. Louis, MO 63117
Phone: (314) 612-5770
Fax: (314) 612-5740

Inclusion – A Plus for Your Program

Don't let the words "special needs" or "inclusion" scare you. An inclusive child care program is first of all a good early childhood program.

What does an inclusive program look like?

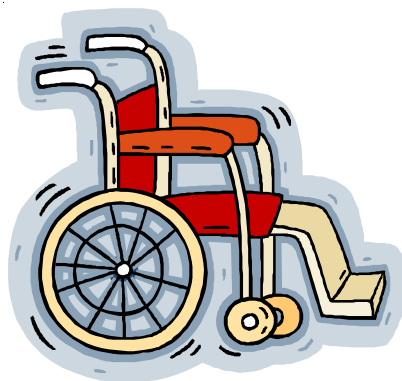
In an inclusive program each child participates in the same routines, activities and learning opportunities. The teachers recognize each child as a unique individual with strengths as well as needs and adapt activities to meet those needs. Parents and caregivers are partners with a common goal of helping the child be successful and a life-long learner. In other words – an inclusive child care program is a quality child care program!

What are the benefits of an inclusive program?

The benefits for children with special needs are fairly obvious. They are provided with competent peers with whom to interact and learn social and communication skills. They have a chance to enjoy real life experiences and typical every day little kid activities. And they have the opportunity to develop friendships with typically developing children.

Children without disabilities learn a more realistic, accurate

and non-stereotypical picture of individuals with special needs. They have many more opportunities to explore similarities and differences with other children of varied abilities. They have the chance to develop empathy and are more aware of the needs of others. They have models of individuals who can be successful despite challenges, and they have the opportunity to develop friendships and build a community of respect.



Where do I find help and support?

When enrolling a child with special needs, the parents are your best source of information about that particular child's strengths, needs and interests. Your local resource and referral agency is also a good source of information and support. They all have inclusion coordinators who can answer questions and help you find resources and training. The Inclusive Early

June 3
Children's
Awareness Day

Childhood Classroom, by Patti Gould and Joyce Sullivan, is a good resource manual on how to adapt your regular curriculum activities for children with special needs. They offer easy, concrete suggestions such as using playdough around a pencil for those children struggling with weak hand muscles and poor grasp. Many of their suggested modifications are useful and interesting to all the children in a classroom.

But most importantly, remember that **you** already have experience making adaptations in your program. When those first warm, sunny days of spring appear, you rearrange your schedule to spend more time outdoors. When a child comes to your program sad and crying because mom just left on a business trip, you give that child some extra hugs and comfort.

Trust yourself and your skills!

Submitted by
Barb Vigil, Inclusion Coordinator
ChildCare Connection
Resource & Referral
573-445-5627

Mental HEALTH in Early Childhood Programs



“MIND your health” is the message stressed by the National Mental Health Association since physical and mental health go hand in hand. The nervous system is a body system. If we don’t take care of it, we may experience depression, anxiety, or other mental health disorders. Like other health problems, prevention is the goal. Prevention includes taking care of our physical health through diet, exercise and adequate sleep. Early treatment can help a person lead a healthier, happier, and more productive life.

The National Mental Health Association at 800-969-NMHA (6642) or www.nmha.org can provide you with more information. By downloading “May is Mental Health Month” you will find many resources including “YOUR Mental Health IQ”, a “Signs of Depression Checklist,” and “What Children Need for Good Mental Health: Tips for Working Parents”.

Remember the teapot, although up to its neck in hot water, it still continues to sing.

All Family Resources provides web-based resources for child care givers at http://www.familymanagement.com/childcare/practices/stress_reduction.practices.html.

In “Stress Reduction Among Providers” they state, **“Stress among child care providers ...affects the provider’s health...(and) also the quality of care that the provider is able to give. A provider who is under too much stress will not be able to offer the praise, nurturing, and direction that children need for good development.”**

Sources of occupational stress include: tension between parents and care givers; too much work in too little time; feeling unable to make full use of their skills and abilities; too many children to allow the provider to sufficiently tend to each child’s individual needs; noise; and the immediacy of the children’s needs.

The Center for Family Policy and Research <http://www.missouri.edu/~cfprwww/> and the National Association for the Education of Young Children, with state and local affiliates <http://www.aeyc-mo.org/> are examples of groups of people working in the early childhood field that are advocating for improved wages, benefits,

training, and working conditions. Your involvement in these or other professional organizations will be a source of mental health support as you share your joys and frustrations with others who are experiencing the same.

Mental health is a personal responsibility and it matters to the people in your lives. The day-to-day stressors can be managed with attitudes, skills, and knowledge gained and shared with others. SIMPLE relaxation techniques such as humor, breathing, visualization and other strategies like those suggested by Becky Bailey in *Conscious Discipline* can make a BIG difference. If you are having challenges, please seek help from your family physician or mental health provider. Seeking help, when needed, is a sign of a wise and strong person.

Gordon College, keynote speaker at the Canadian Child Care Federation, said, “It’s not what happens to me . . . it’s what happens in me! There are things in me! There are things in life over which I have no control . . . only my reaction to them. Prepare yourself everyday for something wonderful to happen. When you do, it probably will.”

Submitted by Julie Gardner, ParentLink. ParentLink is a program of the University of Missouri Extension. Help is available to those working with children and with families. 1 - 800-552-8522 <http://extension.missouri.edu/parentlink>

The T.E.A.C.H. Early Childhood® MISSOURI Scholarship Project

Based on the belief that **Teacher Education And Compensation Helps**, the **T.E.A.C.H. Early Childhood® MISSOURI Scholarship Project** is one in 24 states in a nationwide movement to increase quality child care and education. Working with teachers, directors, assistants, and owners of *licensed* early childhood facilities, T.E.A.C.H. MISSOURI is a comprehensive scholarship program.

In October 2004, T.E.A.C.H. MISSOURI received an almost \$1 million grant from the Missouri Department of Elementary and Secondary Education (DESE). These funds have allowed us now to offer the scholarship to all 115 counties in the state. With three levels of scholarships available, we offer funding towards Child Development Associate Credentials (CDA) for college credit, AA/AAS degrees and some early childhood credit hours towards a BA/BS degree. T.E.A.C.H. MISSOURI currently works with more than 22 colleges and universities in the state.

What are the requirements?

- You must be 18 years or older.
- You must be a teacher, assistant, director or owner in a licensed center.
- You must work at least 30 hours a week in a licensed

child care facility in a 9 to 12 month program (if not in a full year program, all services provided would be delivered within the months the recipient is in active service with children).

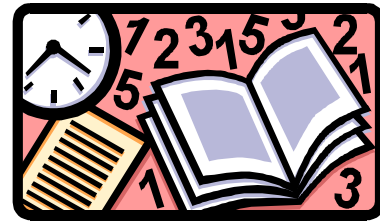
- You must make no more than \$14.50/hour as a teacher and less than \$16/hour as a director or owner.
- You must work in an MPP classroom or facility **OR**
- You must have contacted T.E.A.C.H. MISSOURI directly about the scholarship.
- You must work in an area with current T.E.A.C.H. MISSOURI funding.

When do classes begin?

All coursework under our current funding should begin in the summer or fall 2005 semester and run for three consecutive semesters.

T.E.A.C.H. MISSOURI has three scholarship levels. Each level requires:

- 9 to 15 credit hours over three consecutive semesters.
- A percentage of tuition and book coverage by the recipient and by the sponsor.
- 6 to 12 month commitment to a facility after education year.
- A \$300 bonus upon completion of classes.



Scholarships are filled on a first come, first served basis.

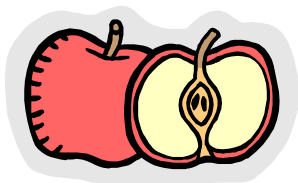
It is essential that anyone who is interested in this opportunity *call for an application today.*

Recipients have positively affected the lives of more than 4,000 children and the families they serve. To the benefit of the recipients, wages tend to increase an average of 5% a year while in the scholarship. Employers also benefit as 88% of all recipients in T.E.A.C.H. MISSOURI remain employed at their child care facility for at least a year and a half due to the scholarship.

Call today as remaining slots are filling up quickly! If you are interested in an application or have any questions, **please call Beth Ann Lang or Laura Curcuru at 314-2020, x 604/609 or 800-200-9017, x 604/609.**

Submitted by
Beth Ann Lang
Project Coordinator
T.E.A.C.H. MISSOURI
Scholarship
800-200-9017 X604

FOCUS ON FRESH



Summertime is here and it's a great time to serve more fresh fruits and vegetables in your child care facility. Fresh fruits and vegetables are loaded with vitamins, minerals, and fiber. They are naturally low in fat and sodium, and help to prevent some types of cancers, heart disease, high blood pressure, and other chronic diseases. They are considered the original fast food.

Fresh is becoming more convenient since there are baby carrots, pre-shredded cabbage, presliced mushrooms, and salad in a bag. If the fruits and vegetables are not pre-packaged, make sure you wash them with water before serving. Children often prefer raw fruits and vegetables more than cooked or canned products.

Here are some ideas for activities you can do with children:

- ◆ Talk with the children about different vegetables and fruits and how they grow. When children know more about what they are served, they're more likely to eat it.

- ◆ Download a copy of the booklet "Take a Trip to the Market with Kip" developed by The Missouri WIC program to

help young children explore the world of fruits and vegetables. This is available from http://www.nal.usda.gov/wicworks/Sharing_Center/statedev_farmersmarket.html.

- ◆ Take children on a field trip to a local farmer's market to choose what they like.

- ◆ Help the children plant a few vegetables. Cherry or grape tomatoes can be grown easily in a garden or in a container. Bell pepper plants are another good vegetable for a pot. Did you know that sweet red bell peppers are the #1 source of vitamin C? Help the children water and keep track of the plants' growth.

- ◆ Buy a seed potato, cut it up, and plant it in a large, deep pot. Watch the children delight in digging potatoes out of the dirt a couple of months later. Make sure you have a sunny location for all of your plants. Contact your local extension agent for more gardening information.

Here are some ideas to incorporate more fresh fruits and vegetables in your menu:

- ◆ Combine grape tomatoes, mini carrots, cucumbers, celery, mushrooms, bell peppers, and broccoli. Put dressing on the side for dipping each piece.

- ◆ Serve strawberries and bananas (or other seasonal fruits) with vanilla yogurt.

- ◆ Dish up fresh peaches with cottage cheese.

- ◆ Make fruit smoothies by freezing grapes and strawberries, or other fruit. Put any type 100% juice in a blender and then add frozen fruit and blend. Kids will love it. Serve with cheese sticks or yogurt for a CACFP creditable snack.

- ◆ Provide dips such as salsa, yogurt, or ranch dressings with tortilla chips, fruit slices, and carrot and celery sticks.

- ◆ Pair apple slices or pears with peanut butter or caramel to dip. An apple slicer/corer makes short work of getting apples and pears ready to serve.

- ◆ Serve cold cantaloupe and watermelon on a hot summer day when they are at their peak in July and August. They are nutrient rich.

These ideas will get you started. You may be surprised at some of the different fruits and vegetables your children like as you begin to focus on fresh.

Submitted by
Barbara Raymond, Nutrition Specialist
and Susan Friese, Nutrition Consultant
Community Food and Nutrition Assistance
Division of Community Health
573-751-6269

- Laughter increases learning and retention. Laughing stimulates both sides of the brain and people get the message quicker and remember it longer.
- Laughter helps break the ice when you're in a group. It is the one form of communication to which everyone can relate.
- Laughter stimulates the brain, the nervous system, the respiratory system, the hormonal system, and the muscular system. Studies show that laughter lowers blood pressure, decreases depression, increases muscle flexion, reduces allergy symptoms, strengthens the immune system and reduces stress.
- Laughter reduces pain. The endorphins released during laughter have been proven to help reduce pain and enhance treatments of many illnesses and diseases.
- Laughter is a powerful force. Breath released during a hearty laugh has been clocked at speeds as fast as 170 miles per hour.



Activities that Encourage Laughter, Fun, and Developmental Concepts

THE LITTLE SAUSAGES

Objective: To teach children about weights and measures.

- Say the following poem to your children.

A hungry boy went walking,
And walked into a store.
He bought a pound of sausages
And laid them on the floor.
The boy began to whistle,
He whistled up a tune,
And all the little sausages
Danced around the room.

- Repeat the poem and act it out with your class.
- Put on some music and pretend to be sausages dancing around the room. Encourage the children to put pretend pickles and mustard on themselves.
- To teach your children about weights and measures, experiment with weighing different amounts of sausages.
- Keep track of how many sausages equal one pound, two pounds, one-half pound, etc.
- When you are finished, cook the sausages and serve them for lunch!

"Miss Jackie" Silberg lectures extensively throughout the United States and in Australia, Germany and Canada, makes recordings for young children, gives children and family concerts throughout the country, writes articles and music for many publications including the Instructor Magazine for 12 years. Her music appears in many Early Childhood texts and curriculae and has been recorded by a variety of artists. Jackie's books are published internationally in more than 20 countries.

Why Are Monthly Fire Drills Necessary?

Fire safety inspectors are often asked why fire drills are required monthly. Hopefully the following information will help you understand the intent and reasons behind regular fire drills.

Fire can spread rapidly leaving you as little as **two minutes to escape** safely. Advance warnings from smoke alarms and fire drill practice will help ensure a safe evacuation.

National statistics indicate that **children five years and younger are more than twice as likely to die in fires as are older children and adults**. In Missouri, children are nearly three times as likely to die in a residential fire as the rest of the state's population, as reported by the U.S. Fire Administration.

Due to high turnover of both staff and children in child care settings, monthly fire drills are vital to ensure all are familiar with evacuation procedures and routes. Staff and children who have routinely practiced fire drills are less likely to panic; children are less likely to hide; and both are more likely to get out safely.

You should consider several fire scenarios, such as a fire starting in the kitchen, basement or bedroom. It is also necessary to practice using alternate exits in case smoke or fire would prevent the use of the "normal" evacuation route. When practicing the fire drill plan, show

children how to cover their nose and mouth to reduce smoke inhalation. A safe predetermined meeting place outside the building is to be established and included in the plan.

Over the years fire safety inspectors have discussed fire behavior/prevention issues with hundreds of child care providers in an attempt to educate and raise their awareness level to fire safety. Believing your child care setting is fireproof because you have not had a fire is no reason to ignore the fact that a fire can happen at any time. Teaching fire safety behaviors and practicing fire drills will reduce the risk of a fire related injury or death.

It is not uncommon that fire drills supervised by fire inspectors have identified life threatening situations. In fact, on occasions, a child has been unaccounted after all occupants were thought to have been evacuated.

Although sometimes not popular with child care providers, fire inspectors have requested fire drills be conducted while children are napping. It is extremely important that you and your staff know how children in your care react to such a drill in this situation. Fire can and will happen at the most inconvenient time. You and your staff need to be ready to

respond appropriately in such an event.

If you have any questions or need assistance with fire drills, please do not hesitate to contact your fire inspector.

Parents and child care providers can access fire safety information online, in both English and Spanish, at:

☒ www.usfaparents.gov

OR

☒ www.usfa.fema.gov/applications/publications

(to order materials through the U.S. Fire Administration's Publication Online Catalog).

CACFP TRAINING DATES

ORIENTATION

Cape Girardeau	7/15, 8/19
Independence	6/21, 7/19, 8/23
Jefferson City	6/16, 7/14, 8/09
Springfield	7/12, 8/23
St. Louis	6/09, 7/15, 8/12

HAPPY MEALTIMES FOR HEALTHY KIDS

Independence	7/20
--------------	------

INFANT FEEDING

Independence	7/19
Jefferson City	8/03
Springfield	8/29

MENU PLANNING

Independence	8/25
Jefferson City	8/03

FOOD SAFETY AND SANITATION

Jefferson City	6/22
Springfield	8/26

Training information may also be obtained at www.dhss.mo.gov/cacfp/training.html.

Submitted by:
Randy Cole
Acting State Fire Marshall
Missouri Division of Fire Safety

Stuttering...Should You Worry?

Almost all children between the ages of two and six years will start, at one point or another, repeating sounds, syllables, and whole words. This is normal, non-fluent duplication in speech, not stuttering. The frequency and severity of these repetitions will vary from situation to situation and child to child.

Stuttering may last anywhere from a few days to several months. It may disappear for awhile only to come back later. It usually disappears on its own.

Caregivers and parents should be patient and accepting of the child's speech during these times of non-fluency.

Here are some helpful hints:

- ✂ Ensure proper diet, exercise, and rest for the child.
- ✂ Don't call attention to the child's speech.
- ✂ Don't tell the child to "slow down".
- ✂ Try to relieve tensions in the child's surroundings.

- ✂ Make sure the child knows s/he is loved and accepted.
- ✂ Listen to the child without interrupting.
- ✂ Don't be impatient or embarrassed with the child's speech.
- ✂ Don't try to change handedness.
- ✂ Be calm in your discipline.
- ✂ Remember that hesitations and repetitions are natural.

Submitted by:
Flora Storie
Speech/Language Pathologist

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services, Bureau of Child Care, P.O. Box 570, Jefferson City, MO., 65102, 573-751-2450. EEO/AAP services provided on a nondiscriminatory basis.



PRESTOED STANDARD
U.S. POSTAGE PAID
JEFFERSON CITY, MO
PERMIT NO. 20

MISSOURI DEPARTMENT OF
HEALTH & SENIOR SERVICES
BUREAU OF CHILD CARE
P.O. BOX 570
JEFFERSON CITY MO 65102-0570